

## Buying Vegetables

- ❖ **Demand Freshness.** Check for Signs of freshness such as bright color and crispness.
- ❖ **Handle with Care.** Bruising and damage to vegetables shortens the quality time.
- ❖ **Shop in season.**
- ❖ **Don't buy a lot just because of low price.** It doesn't pay to buy more than you can properly store or use without waste.
- ❖ **Avoid decay.**
- ❖ **Don't buy on size alone.** Large sized vegetables may be too mature and could be hard with little flavor.
- ❖ **Avoid dented or bulging cans**
- ❖ **Look for firm frozen packages.** There should be no stains or ice on the outside. Sacks of loose vegetables should be loose, not solid.



## Preparing and Storing Vegetables

- **Storing.** Store properly to maintain quality. Refrigerate most fresh vegetables (not potatoes, sweet potatoes, onions, hard winter squash or tomatoes) for longer storage, and arrange them so you'll use the ripest ones first.
- **Trimming.** Try to eat vegetables with the skin on. Trim only the minimum amount, or wash thoroughly and leave the food intact.
- **Heat.** The B vitamins and vitamin C can be easily destroyed by heat. Cook vegetables as little as possible.
- **Water.** Some vitamins dissolve in the water used to cook, soak or wash them. Avoid soaking vegetables. Cook in very little water and cover tightly to decrease cooking time.



## Eat More Vegetables

- Have pre-cut vegetables (carrots, celery, etc.) in the refrigerator for easy snacking.
- Add chopped peppers, tomatoes, zucchini, onions, and mushrooms to scrambled eggs.
- Top a baked potato with chopped vegetables of choice, sprinkle with low fat cheese and microwave until cheese melts.
- Add frozen or canned vegetables to rice or pasta dishes during the last 5 to 10 minutes of cooking.
- For a quick soup, combine tomato juice with chopped potatoes, celery, beans, corn and peas. Heat in microwave until vegetables are cooked.
- Top sandwiches or burgers with lettuce and tomato.
- Add chopped vegetables to your salad.

